

Claims

- [c1] A method of alleviating obesity and promoting lean body mass in a human individual in need thereof, comprising administering to the individual a lean body mass promoting composition containing effective amount of isoforskolin and or deacetylforskolin composition.
- [c2] The method of claim 1. wherein the isoforskolin or deacetylforskolin is administered to a human or animal in need of such treatment in a dose of about 10 to about 100 mg in single or divided doses.
- [c3] The method of claim 1. wherein the dosage could be oral including but not limited to tablets, capsules, powders, ready-to mix preparations, spansules, chewable, liquids, solutions , suspensions, beverage drinks, carbonated drinks, emulsions or topical including but not limited to o/w or w/o emulsions, lotions, oils, linament, aerosol sprays, implants among others.
- [c4] The method in claim 1 can also be used in cosmeceutical preparations for controlling cellulite and for improving skin tone, texture and cellular rejuvenation.

- [c5] The method in claim 1 also includes the commercial method of manufacture of isoforskolin and deacetyl-forskolin extract composition for nutraceutical and cosmetic applications.
- [c6] The method in claim 5 sources the material from natural plant *Coleus forskohlii* and related species.
- [c7] The method in claim 5 includes conventional solvent solvent extraction, and purification based on differential solubility in organic solvents.
- [c8] The method in claim 5, particularly, the 7 deacetyl-forskolin is obtained by natural hydrolysis using lipase enzyme, or with use of any chemical methods for increasing the pH to 8 and above.
- [c9] The method in claim 5 can also be obtained by liquid carbon dioxide extraction under supercritical temperature and pressure with the use of entrainer.